

Fitness Fever

Equipment: Cones with Fitness Task Cards placed under them and a set of dice for each cone, balls for the fitness experts

Game:

1. Five to six students are the “Fitness experts”. Their job is to chase the other students.
2. When a Fitness Expert catches someone, they will escort them to a cone. The fitness expert will choose the cone.
3. The fitness will then return to the activity area to chase another student.
4. The person caught will read the fitness task card and roll the dice. When they finish, they return to the game by shouting out “Exercise for the Heart is smart!”
5. After a couple of minutes, stop the game for a quick rest and choose new students to be “Fitness Experts”.